



## IDEAS FOR SEASONAL DISHES

### WINTER

Herb bread	Leek soup
Lemon and herb risotto	Leek tart
Lemon and herb couscous	Orange crepes
Asian coleslaw	Orange and ginger salad
Beetroot salads	Marmalade
Sauerkraut (takes weeks)	Lemons. preserved
Broccoli tempura	Lemon curd tart
Bubble and squeak	Brussels sprouts with dukkah, lemon and oil
Broccoli frittata	Silverbeet roly-poly
Broccoli with pasta	Silverbeet dolmades
Broccoli and almonds	Silverbeet lasagna
Broccoli risotto	Potato and chilli pepperpot soup
Broccoli pie	Cabbage rolls
Cauliflower fritters	Chow mein
Cauliflower soup	Winter tabbouleh
Curried vegetables with mint chutney	Salad greens, salad greens, salad greens
Kale and linguine	

Stephanie says don't forget:

- Pulses (chick peas, dried beans of all sorts)
- Sprouts
- Grains (rice, polenta, barley, burghul etc)
- Preserves



## SPRING

Silverbeet dolmades  
Broad bean bruschetta  
Beetroot and blood orange salad  
Beetroot and chocolate muffins  
Snow pea salad  
Sesame peas  
Green risotto  
Carrot and cumin salad  
Silverbeet and blue cheese sauce  
Silverbeet triangles with mint  
Rice paper rolls  
Silverbeet and potato pie  
Silverbeet lasagna  
Silverbeet saute with poached egg  
Silverbeet with chickpeas  
Broccoli pesto  
Broccoli and olive pasta  
Broccoli frittata  
Broccoli sauteed with garlic and  
bacon  
Waldorf salad  
Egg tarts  
Omelettes  
Caesar salad  
Cauliflower kugel

Rhubarb sorbet  
Fried rice with carrot and broccoli  
Butter bean and artichoke stew  
Tempura  
Leek soup  
Leek and fetta tarts  
Rhubarb and floating islands  
Strawberry and rhubarb jam  
Strawberry smoothie  
Strawberry tarts  
Strawberry jam  
Vegetable stir-fry  
Broad bean and pasta  
Broad bean dip  
Broad bean custard and lemon sauce  
Broad bean risotto  
Beetroot muffins  
Beetroot salad  
Roasted beetroot  
Beetroot dip  
Herb vinegar  
Carrot soup  
Pickled turnip with a dip  
Salad greens, salad greens salad greens

Stephanie says don't forget receipes with:

- Peas, snow peas, snap peas
- Spring herbs – chives, tarragon, young rocket



## SUMMER

Sweetcorn fritters  
salade nicoise  
Greek salad  
Summer pudding  
Apricot jam  
BBQ sweetcorn  
Rocket and potato soup  
Garlic plaits  
Stuffed tomato  
Tomato chutney  
Tomato salad  
Tomato pizza  
Tomato and sweetcorn quiche  
Tomatoes and pasta  
Tomato and basil soup – chilled  
Fruit salad  
Strawberries with raspberry  
sauce Stuffed celery  
Carrot roasted with honey  
Chicken and sweetcorn soup

Couscous and vegies and sweetcorn  
Zucchini fritters  
Stuffed zucchini flowers  
Zucchini slice  
Zucchini roulade  
Grilled apricots  
Tzatziki  
Snake bean, tomato salad  
Tomato sauce  
Pesto  
Individual basil frittata  
Zucchini muffins  
Crudites with summer veg  
Slow-roasted tomatoes (min 1.hour)  
Zucchini pickles  
Cornbread  
Tomato tart  
Ratatouille  
Salad greens, salad greens salad  
greens

Salad green taken for granted

Notes from Stephanie:

- The best green beans are in summer
- More with cucumber, more with plentiful herbs e.g. sage, oregano, basil
- More cold soups
- Herb butters for garnishing grilled vegetables



## AUTUMN

Potato salad	Pumpkin risotto
Potato, rosemary and rocket pizza	Pumpkin cake
Potato tortilla	Pumpkin pizza
Baba ghanoush	Persimmons, fresh
Eggplant pickle	Pumpkin roasted in salad
Moussaka	Pumpkin gnocchi
Caramelised onions	Stuffed capsicum
Pumpkin chips	Eggplant masala
Garlic bread	Eggplant pizza
Roasted eggplant with capsicum with aioli	Pumpkin soup
Spinach leaf salad	Pumpkin curry
Eggplant, braised Asian-style	Pumpkin ravioli
Roasted quinces	Chargrilled mixed vegetables
Quince crumble	Autumn vegetable tagine
Quince jelly (needs plenty of time)	Cabbage rolls
Stuffed tomatoes	Nasi Goreng

### Notes from Stephanie

- Try more chilli and capsicum dishes?
- Pulses and grains could start being used to supplement crops
- Might have gifts of chestnuts loquats, plums